



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01165, Cheese, mexican, queso anejo

Report Date: July 09, 2017 12:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 132g	1 oz 28.35g
Proximates						
Water	g	38.06	2	--	50.24	10.79
Energy	kcal	373	--	--	492	106
Energy	kJ	1561	--	--	2061	443
Protein	g	21.44	2	--	28.30	6.08
Total lipid (fat)	g	29.98	2	--	39.57	8.50
Ash	g	5.89	2	--	7.77	1.67
Carbohydrate, by difference	g	4.63	--	--	6.11	1.31
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	4.63	--	--	6.11	1.31
Minerals						
Calcium, Ca	mg	680	2	--	898	193
Iron, Fe	mg	0.47	2	--	0.62	0.13
Magnesium, Mg	mg	28	2	--	37	8
Phosphorus, P	mg	444	2	--	586	126
Potassium, K	mg	87	2	--	115	25
Sodium, Na	mg	1131	4	13.589	1493	321
Zinc, Zn	mg	2.94	2	--	3.88	0.83
Copper, Cu	mg	0.008	2	--	0.011	0.002
Manganese, Mn	mg	0.037	2	--	0.049	0.010
Selenium, Se	µg	14.5	--	--	19.1	4.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 132g	1 oz 28.35g
Thiamin	mg	0.020	2	--	0.026	0.006
Riboflavin	mg	0.209	2	--	0.276	0.059
Niacin	mg	0.032	2	--	0.042	0.009
Pantothenic acid	mg	0.252	2	--	0.333	0.071
Vitamin B-6	mg	0.047	2	--	0.062	0.013
Folate, total	µg	1	2	--	1	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	2	--	1	0
Folate, DFE	µg	1	--	--	1	0
Choline, total	mg	15.4	--	--	20.3	4.4
Vitamin B-12	µg	1.38	2	--	1.82	0.39
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	64	--	--	84	18
Retinol	µg	64	--	--	84	18
Carotene, beta	µg	4	--	--	5	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	220	--	--	290	62
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.34	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	0.1
Vitamin D	IU	22	--	--	29	6
Vitamin K (phylloquinone)	µg	2.5	--	--	3.3	0.7
Lipids						
Fatty acids, total saturated	g	19.033	--	--	25.124	5.396
4:0	g	0.907	--	--	1.197	0.257
6:0	g	0.474	--	--	0.626	0.134
8:0	g	0.256	--	--	0.338	0.073
10:0	g	0.557	--	--	0.735	0.158
12:0	g	0.508	--	--	0.671	0.144

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 132g	1 oz 28.35g
14:0	g	3.153	--	--	4.162	0.894
16:0	g	9.340	--	--	12.329	2.648
18:0	g	3.838	--	--	5.066	1.088
Fatty acids, total monounsaturated	g	8.528	--	--	11.257	2.418
16:1 undifferentiated	g	0.957	--	--	1.263	0.271
18:1 undifferentiated	g	7.571	--	--	9.994	2.146
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.901	--	--	1.189	0.255
18:2 undifferentiated	g	0.552	--	--	0.729	0.156
18:3 undifferentiated	g	0.349	--	--	0.461	0.099
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	105	1	--	139	30
Amino Acids						
Tryptophan	g	0.215	--	--	0.284	0.061
Threonine	g	0.731	--	--	0.965	0.207
Isoleucine	g	1.054	--	--	1.391	0.299
Leucine	g	2.017	--	--	2.662	0.572
Lysine	g	1.452	--	--	1.917	0.412
Methionine	g	0.541	--	--	0.714	0.153
Cystine	g	0.084	--	--	0.111	0.024
Phenylalanine	g	1.119	--	--	1.477	0.317
Tyrosine	g	1.190	--	--	1.571	0.337
Valine	g	1.338	--	--	1.766	0.379
Arginine	g	0.699	--	--	0.923	0.198
Histidine	g	0.679	--	--	0.896	0.192
Alanine	g	0.618	--	--	0.816	0.175
Aspartic acid	g	1.334	--	--	1.761	0.378
Glutamic acid	g	4.769	--	--	6.295	1.352

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crumbled 132g	1 oz 28.35g
Glycine	g	0.296	--	--	0.391	0.084
Proline	g	2.151	--	--	2.839	0.610
Serine	g	1.160	--	--	1.531	0.329
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0